

LONDON

# metro



## RAISED US, TAUGHT US, TICKLED US

IT MAY HAVE BEEN ONE SMALL STEP FOR RADIO, BUT IT WAS A GIANT LEAP FOR, WELL, LAZINESS. FROM SHAKING HIPS TO EATING SHORTS, METRO CELEBRATES THE TV

**PAGE 8**
**LOTTO  
649**

**\$17 million  
winners**

 NEWS  
WORTH  
SHARING.  


## She runs pretty good

Canadian astronaut Chris Hadfield hands over the International Space Station, which he commanded for the past five months, before returning home

**PAGE 5**

## Avast! Tik tok cost me how much?!

Pirates beware: Firm looking to come down hard on Canadian downloaders

**PAGE 6**

London Knights forward Max Domi celebrates a goal against the Barrie Colts during Game 5 of the OHL final Friday at Budweiser Gardens. The Knights are hoping for a bigger celebration when they take the home ice for Monday's final game in the championship series. THE CANADIAN PRESS

# Knights vs. Colts: Game 7

### 'In desperate need.'

Tickets will be tough to find, Knights rep says

**MARK  
SPOWART**  
london@metronews.ca

Sorry, NHL.

The hottest ticket in London these days is for Budweiser Gardens. As of Sunday, 9,046 London Knights fans were holding passes to watch the team take on the Barrie Colts in Game 7 of the OHL finals on Monday night.

Come Monday morning, though, a few lucky names might be added to that list.

But don't hold your breath, says Natalie Wakabayashi, marketing manager for the London Knights.

"We are sold out," she said Sunday. "The only way there

will be additional tickets is if the players do not use all of their allotment, and those will go on sale Monday at 10 a.m."

It's a long shot, but one Aaron Thomas is banking on.

Now living in Brantford, the former Londoner is still a loyal Knights fan. And he's more than willing to hit the highway to catch what could be history in the making.

"My buddy has season tickets, I am going to try and get one," the 32-year-old said.

If he can't get his hands on a seat in the arena, Thomas "will be watching from one of the local pubs nearby."

Jeff Shaughnessy, 32, is also hoping to get in on the action.

Shaughnessy plans to race to his computer Monday morning in hopes of getting lucky.

"It is going to be off the

charts, I gotta be there," he said.

If he's not in the arena, Shaughnessy knows exactly where he'll be.

"I will be watching with my dad in his basement," the Londoner said. "We were there watching it Saturday night and had a great time."

While some are hoping to catch the few extra tickets that may trickle into the box office, websites that specialize in classifieds were bombarded Sunday with people looking for — and selling — tickets.

Of the about 130 matches turned up in a Kijiji search for "London Knights tickets" on Sunday, the majority were people in need — some in "desperate need" — of passes.

Tickets were being offered up for about \$125 a pop.

More Knights coverage on page 4

# DON'T WAIT TO SEE.

Get LASIK today, take 5 years to pay.



Starting at just  
\$490 per eye\*  
5-year financing  
\$0 down†

Book a free consultation at  
1-855-895-2020 or lasikmd.com

**LASIK MD**  
VISION

\*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply. <sup>†Subject to Dejardins Card Services credit approval. Interest financing starting at 6.9% over 60 months.</sup>

## London

**Unemployment is up, again**

The London area is one decimal point away from owning a 10 per cent unemployment rate.

Statistics Canada's April labour-force survey shows 9.9 per cent of local workers are out of a job, up from 9.6 per cent in March.

Aside from job-starved Peterborough, where unemployment sits at 11.7 per cent, London has the highest rate of 14 metropolitan areas surveyed.

"We were disappointed with the numbers," London Economic Development Corp. president and CEO Peter White said as the numbers were released. "We're at a high level we don't want to be sitting at."

Although the city and surrounding area saw gains in goods-producing, job losses were aplenty in the public sector. The total job-loss toll for April was 1,600.

White says there's still 1,200 available gigs out there, but a major skills mismatch in the workforce is leaving an awkward gap.

There are "several hundred" unclaimed digital-media jobs in the local market, White says, along with many spots in financial services and advanced manufacturing.

"We were hoping to see some announcements in the provincial budget that would have supported some skills re-training, but unfortunately that didn't become available," he added.

Mayor Joe Fontana says the issue cannot be solved overnight. "I want Londoners to know we work each and every day to create an environment where jobs can be created and our economy can prosper."

"It is our No. 1 priority. We will bounce back."

**JOHN MATISZ/METRO**



Sky Westman, 33, left, Rhonda Payne, 51, and Chris Lay, 42, don the costumes of their favourite fictional characters Sunday for the London Rogues Sci-Fi and Fantasy Convention. KEVIN HURREN/FOR METRO

# The force is strong with this group

**Cape town.** Star Wars fan group turns hobby convention into charity fundraiser

**KEVIN HURREN**  
london@metronews.ca

It was return of the jedis this weekend as a group of Londoners gathered once again for a sci-fi and fantasy convention at the Gibraltar Weekend Market.

The London Rogues, a Star Wars fan group, has been organizing the event annually

since 2007.

"We started off small, just a picnic in the park," said Robert Appleton, a member of the group. "We then got the support from all the local comic-book stores and the whole event just snowballed into a convention."

When the event started, London didn't have anything that catered to Star Wars super-fans. Now, it's grown beyond a focus on Star Wars to include enthusiasts of other sci-fi series and the fantasy genre as a whole.

This year's headlining guests, however, were true to the convention's Star Wars

**On the web**  
To learn more about the London Rogues, plus tips on making your very own superhero costumes, visit londonrogues.ca.

roots.

"Our two main guests this year are Pam Rose and Alan Flying, who were both extras in the Star Wars movies," Appleton said. "We also host a bunch of local talent (like) comic-book writers and artists."

Those in attendance may

have their eyes on a galaxy far, far away, but the money raised by the convention went toward helping communities much closer to home.

Autism Canada and Help a Child Smile were this year's charity recipients.

"These charities are for the community so the money stays in the community," Appleton said. "They like what we do and we like what they do."

To further their support, members of the London Rogues plan to participate in the Autism Speaks walk June 9 — in costume, of course.

## Western U. Symposium to focus on brain power

Western University is gearing up to turn the spotlight on brains during a three-day symposium next month.

The event will focus on the brain's ability to change through learning and education. It is being organized by The Royal Society of Canada, the Israel Academy of Sciences and Humanities, and the Canadian Institute for Advanced Research. The symposium, running June 14-16, will feature

**On the web**

For details, visit [uwo.ca/bmi/brainplasticity](http://uwo.ca/bmi/brainplasticity).

top neuroscientists from Canada and abroad.

Western's Brain and Mind Institute aims to promote research and training, along with international collaboration, in the area of neuroscience. METRO

## Construction to close down Blackfriars Bridge

People who use the Blackfriars Bridge in their commute to downtown are being advised to find an alternate route.

A Ridout Street construction project set to begin Monday will close the bridge through the end of July.

Blackfriars Street, from Napier to Albert, will also be closed. The work includes replacing a gas line and water main, and installing new sewer lines.

While traffic is detoured, the bridge will undergo an inspection. City council approved the inspection, expected to cost nearly \$310,000, in March.

At a 138 years old, officials are trying to develop a long-term plan for the structure over the Thames River.

The inspection will be the bridge's first since 1986. METRO



Blackfriars Bridge is 138 years old.

METRO FILE

# Music fund could ignite London scene

**Creative investment.**  
Proposed Ontario coffer could be turnkey for local talent, says Strike the Right Note leader

MARK SPOWART  
london@metronews.ca

As a move to beef up London's music scene picks up steam, leaders of the effort are banking on the newly proposed Ontario Music Fund to help in a big way.

The \$45 million in government funding — pitched in the Liberals' budget — could be a game-changer.

So says Chris Bentley, the former London West MPP who is helping lead the Forest City's Strike the Right Note effort.

"(The government) created that program a lot faster than I thought they would," said Bentley. "That money will be used for project funding to assist new and existing artists with new digital recording,

production and distribution. It is really making sure London music can reach in and beyond Ontario borders."

Bentley, a former cabinet minister, and Gerry Macartney, CEO and general manager of the London Chamber of Commerce, are among the high-profile backers of Strike the Right Note.

The initiative started in January when Bentley, still in office at the time, extended an invitation for musicians to get involved. The idea is centred on making music an economic driver in London through a multi-pronged approach that includes creating an inventory of local musicians, the venues they play and recording studios.

At the time, the effort was focused around capitalizing on existing programs that offered financial backing. The new music fund, Bentley said, is an added bonus.

"There is an incredible amount of activity within the music scene in London, so much so it was amazing to even the people in the music scene," Bentley said, reflect-

## The fund

The Ontario Music Fund is a \$45-million grant program to be distributed over three years beginning this year.

- **Innovation.** The fund aims to help the music industry innovate, invest and take advantage of opportunities in the global music marketplace, bringing more business to Ontario.
- **Profits.** According to Statistics Canada, Ontario's music sector generated \$429.3 million in revenue in 2011, accounting for 81.9 per cent of total national revenues.

ing on the first open networking session earlier this year.

For his part, Macartney is on board to help bridge the gap between the business and arts communities.

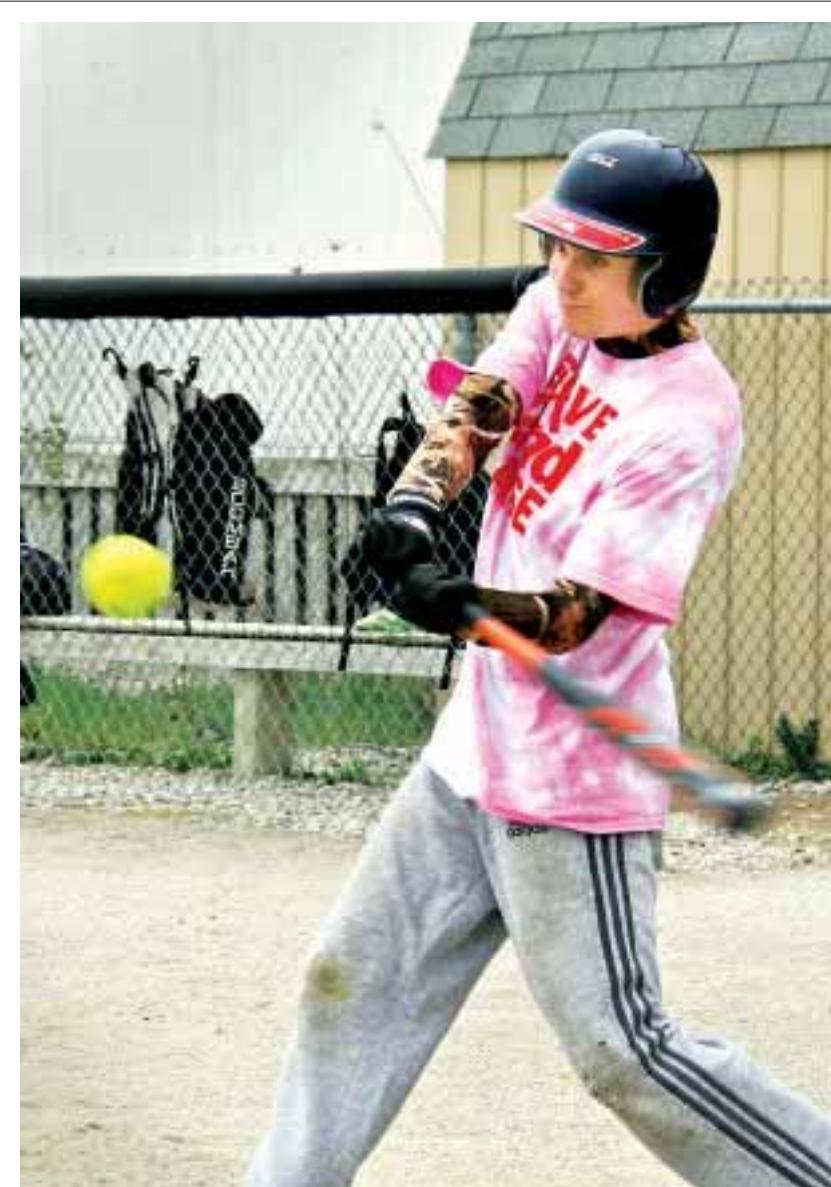
Businesses, especially those in the tech industry, have expressed an interest in setting up shop in cities that have a "strong, vibrant arts community," Bentley said.

"I am a facilitator, Gerry is a facilitator," he said. "All we are doing is filling in the gaps and connecting people to other people."

## Bridging the gap

**"We want to make sure that all the pieces of the recording industry are all working together."**

Chris Bentley, former London MPP and leader of the Strike the Right Note initiative, on his work in spurring creativity in the London music scene.



## Cancer research wins in bosom of the 9th

Londoner Danny Strocki drives in the winning run for his team, Save Second Base, during a Saturday softball tournament that doubled as a fundraiser for breast cancer. Save the Tatas, hosted at the Southwest London Baseball Complex, started four years ago with eight teams, and has grown to include 33 teams. This year's event raised about \$7,000 for breast cancer research and support, adding to the \$10,000 raised in past years.

ANGELA MULLINS/METRO

# Health-care system needs more oversight: NDP

Ontario's ombudsman should have oversight of the health-care system, including the troubled Ornge air ambulance service and chemotherapy treatments, NDP Leader Andrea Horwath says.

Giving the ombudsman the authority to look into complaints against hospitals, ambulance services, nursing homes and retirement homes would rebuild the trust people have lost in the health-care

system, Horwath said as she made her party's latest demand to prop up the minority Liberals.

"I don't blame people for not believing Liberal promises anymore," Horwath said.

Ontario is the only province that hasn't introduced or passed legislation to give their ombudsman oversight of hospitals and nursing homes, Horwath said.

THE CANADIAN PRESS

## More accountability

- The Liberal government needs the NDP to help pass the proposed budget and avoid an election.
- The Liberals addressed a long list of demands in the budget, but the New Democrats say they want more accountability.

# Arrest made in Ancaster man's disappearance

One of two men wanted in the disappearance of a southwestern Ontario man has been arrested.

Dellen Millard, 27, is charged with forcible confinement and theft over \$5,000. The Toronto resident was arrested Saturday without incident while driving in Mississauga, Hamilton police Supt. Dan Kinsella said.

He did not say if the man is co-operating with police.

## Closing in

The arrest comes after a police search found Bosma's cellphone Thursday afternoon in a Brantford industrial area.

"We are encouraged with the progress of our investigation and must be cautious in our approach over the next

few critical hours," Kinsella said. "Our greatest priority is the welfare and locating of Tim Bosma."

Bosma, 32, was last seen May 6 before leaving his Ancaster home with a pair of men who responded to an online ad for his black 2007 Dodge Ram pickup.

Kinsella declined to comment on whether Bosma's truck has been found.

THE CANADIAN PRESS

If you ask fans, the London Knights will seal the deal on another OHL championship Monday and strut their way to the Memorial Cup. Metro asked who was likely to win Game 7 between the Knights and Barrie Colts.

Here's what a few people had to say.



**"The London Knights. I think the London Knights have a coaching advantage; I think it is a big part of their advantage over the years since the Hunters took over. I think a lot of the time they outcoach teams."**

Rob Penz, 44, London



**"Obviously the London Knights because they are better by far."**

Debbie Ferreira, 24, London



**"Gotta go with the London Knights; you gotta go with the underdog. Down 3-1, battling back, they have the momentum with them."**

Peter Askew, 24, London

# London Knights win two straight to force Game 7



**ANGELA MULLINS**  
angela.mullins@metronews.ca

It's the game no one thought would happen — and it's for all the marbles.

The London Knights have managed to claw their way back from a 3-1 deficit to force a deciding Game 7 in the OHL championship.

If tonight's game against

the Barrie Colts shapes up anything like the Knights' weekend play, it will be a nail-bitter.

London pulled together a convincing 6-4 victory Friday on home ice thanks largely to the efforts of Bo Horvat.

The Colts, down 4-2 early in the third, looked primed to mount a second-straight late-game comeback before Horvat stripped the puck from Barrie superstar Mark Scheifele, scooted in on a breakaway and sniped his third short-handed goal of the post-season.

While the Knights protected that lead well, rallying for one more in the third off the stick of Brett Welychka, they nearly gave up Saturday's Game 6 in the last 20 minutes of regular play.

Up 4-0 at the start of the third, the Knights watched as the Colts ripped through the lead, finding the back of the net four times and forcing overtime play in front

of 4,241 fans at the Molson Centre.

Barrie's Mitchell Theoret scored twice, while the Colts' Andreas Athanasiou and Erik Bradford responded with a goal each to tie the game.

Knights centre Ryan Rupert scored shortly into the extra frame, giving London the 5-4 win and one more shot at back-to-back OHL titles.

"It was probably one of my biggest goals so far," Rupert said. "Forcing a Game 7 at home, it should be a good one."

"We just rallied in the dressing room, and just said, 'We have to work hard,' and anything can happen in Game 7."

Expect Barrie to hit the Forest City with fight in their skates.

"I've worked too hard for this, I've been waiting for this moment for four years now," Colts centre Mitchell Theoret said Saturday after posting two goals and one assist.



Barrie Colts forward Andreas Athanasiou watches a shot deflect wide past Jake Patterson during the first period of Game 5 Friday at Budweiser Gardens. THE CANADIAN PRESS

## Colts will play the rest of the OHL final without Camara



London Knights winger Seth Griffith tosses the puck to a teammate during a game earlier this season at Budweiser Gardens. JOHN MATISZ/METRO FILE

The Barrie Colts will play the rest of the OHL final without Anthony Camara.

The forward was handed a major and game misconduct for charging during Friday's Game 5 at Budweiser Gardens.

He didn't suit up Saturday.

The Friday hit saw the London Knights' Seth Griffith, who was skating without the puck at the time, escorted off the ice.

Knights coach Dale Hunter didn't mince words after Friday's buzzer.

"He always hits like that when we're up three goals," Hunter said.

"It's a five-minute penalty; it's a cheap shot. He wasn't even looking for (the puck) when he hit him."

"He was trying to hurt Seth."

Late in Game 2, Camara was assessed the very same penalties for charging the Knights' Max Domi. The score was 4-1 at the time.

If the Colts take Game 7 Monday and head to the Memorial Cup, the team will have to petition the OHL

to allow Camara to participate.

Griffith, having recently recovered from a hand injury, was eased into the lineup to start the playoffs.

He was in Friday's starting lineup, posting a goal and an assist before the hit from Camara.

The sniper took the ice Saturday but not as a starter.

Camara and Griffith are both Boston Bruins draft picks. Camara was taken in the third round of the 2011 draft, and a year later

the Bruins picked Griffith in the fifth round.

THE CANADIAN PRESS

### By the numbers

Anthony Camara's stats against the Knights through Game 5:

- Goals: 3
- Assists: 3
- Points: 6

## Tag, you're commander. Hadfield earthbound after handing over space station

Canadian astronaut Chris Hadfield handed over command of the International Space Station as he prepared to return to Earth.

He wrapped up a five-month visit to the giant laboratory, saying it's time to turn over the reins to cosmonaut Pavel Vinogradov.

Hadfield, the first Canadian to command the station, said he achieved the goals he set out for himself before making the journey in late December and is leaving both ship and crew "in good shape."

He tweeted Sunday morning that it was "time to rev-

up the Soyuz" for the trip home.

Plans call for Hadfield and two other crewmembers to leave the station Monday just after 7 p.m. EDT aboard a Russian Soyuz spacecraft.

They are due to land in Kazakhstan about three-and-a-half hours later.

A helicopter will take them to a local airport, where a waiting NASA plane will fly them to Houston, Texas.

While he's happy to be heading home, Hadfield said both he and his crew "would come back given the opportunity."

THE CANADIAN PRESS



Astronaut Chris Hadfield poses for a photo with a new polymer \$5 bank note on the International Space Station. SEAN KILPATRICK/THE CANADIAN PRESS FILE

### Picking up the pieces

#### Cottagers aghast at ruin brought by colossal wall of ice

Owners of summer homes and cottages in Manitoba that were crushed by a huge wall of ice were picking through the remains of their properties over the weekend.

Strong winds on Friday pushed the ice on Dauphin Lake onto Ochre Beach, about 200 kilometres from Winnipeg.

Clayton Watts, deputy reeve of the Rural Municipality of Ochre River, says it's lucky no one was hurt because the ice moved "like a freight train."

He says the ice was close to nine metres high in some places and that 12 of the affected buildings were completely destroyed. THE CANADIAN PRESS

### Sleepless in Israel

#### PM chastised over \$127K flight bed

Israeli Prime Minister Benjamin Netanyahu will seek alternatives after receiving a sky-high bill for installing a customized bed on a flight to London, officials close to the leader said.

The FBI said that the shooting appeared to be "street violence" and wasn't linked to terrorism.

#### New Orleans shooting.

Cops say street violence, not terror, responsible for injuring at least 19

Gunmen opened fire on dozens of people marching in a neighbourhood Mother's Day parade in New Orleans on Sunday, wounding at least 19 people, police said.

Many of the victims were grazed and most of the wounds weren't life-threatening, according to a police

news release. No deaths were reported by Sunday night.

The victims included 10 men, seven women, a boy and a girl. The children, both 10 years old, were grazed and in good condition, but police said at least two people were in surgery Sunday night.

Mary Beth Romig, a spokeswoman for the FBI in New Orleans, said federal investigators have no indication that the shooting was an act of terrorism.

"It's strictly an act of street violence in New Orleans," she said.

Officers were interspersed with the marchers, which is routine for such events. As many as 400 people joined in the procession that stretched for about three blocks, though only half that many were in the immediate vicinity of the shooting, said Police

Superintendent Ronal Serpas.

Police saw three suspects running from the scene in the city's 7th Ward neighbourhood. No arrests had been made as of Sunday night.

The neighbourhood where the shooting happened was a mix of low-income and middle-class row houses, some boarded up. As of last year, the neighbourhood's population was about 60 per cent of its pre-Hurricane-Katrina level.

Police vowed to make swift arrests. Serpas said it wasn't clear if particular people in the second line were targeted, or if the shots were fired in a random fashion.

THE ASSOCIATED PRESS

### Second-line parades

Second-line parades are loose processions in which people dance down the street, often following behind a brass band.

- Some parades are impromptu and some are planned. They are often described as moving

block parties.

- A social club called The Original Big 7 organized Sunday's event.
- The group was founded in 1996 at the Saint Bernard housing projects, noted its MySpace page.



Bystanders comfort a victim of Sunday's shooting in New Orleans. The victims included 10 men, seven women and two 10-year-old children.

LAUREN MCGAUGHEY, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

# Marching, cheering, running, screaming

### Can't run, can't hide

"We'll get them. We have good resources in this neighbourhood."

Police superintendent Ronal Serpas on the suspects in the shooting.



Police vowed swift arrests. MICHAEL DEMOCKER, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

# Illegal-downloading megasuits rear head north of the border

## Anti-piracy battle.

Case involving Teksavy, Voltage Pictures could pave way for U.S.-style actions on file-sharing

Massive lawsuits targeting people who illegally download copyrighted content are common in the U.S., where people have been stuck with hefty fines and out-of-court settlements. Now there's an attempt to bring that to Canada.

At the centre of the effort is Canipre, the only anti-piracy enforcement firm that provides forensic services to copyright-holders in Canada.

The Montreal-based firm has been monitoring Canadian users' downloading of pirated content for several months. It has now gathered more than

### U.S. precedent

- Such lawsuits have been common in the U.S. Between 200,000 and 250,000 people have been sued in the last two years, according to Internet civil-liberties group the Electronic Frontier Foundation.
- Canadian consumers don't risk such severe damages as in the U.S., because of a bill passed last year that modified the federal Copyright Act. Bill C-11 imposed a limit of \$5,000 on damages awarded for non-commercial copyright infringement.

one million different evidence files, according to its managing director Barry Logan.

## Factory collapse. Bangladesh to raise garment workers' pay

Bangladesh's government plans to raise the minimum wage for garment workers, a cabinet minister said Sunday, after the deaths of more than 1,100 people in the collapse of a factory building focused international attention on the textile industry's dismal pay and hazardous working conditions.

A new minimum-wage board will issue recommendations for pay raises within three months, Textiles Minister Abdul Latif Siddiqi said.



A Bangladeshi woman reacts Sunday after her son's body was found in a garment factory building that collapsed April 24. THE ASSOCIATED PRESS

The cabinet will then decide whether to accept those proposals. THE ASSOCIATED PRESS

One of its clients is now before Federal Court in Toronto, requesting customer information for over 1,000 IP addresses — a user's unique Internet signature — collected by Canipre.

That client is the American studio Voltage Pictures, maker of hundreds of films including the Academy Award-winning Hurt Locker. On the other side of the case is Teksavy, an Ontario-based Internet provider. The IP addresses flagged by Canipre link back to its users.

The case is set to resume next month. If the court orders Teksavy to hand over customer info, it could be the beginning of a new chapter in the anti-piracy battle in Canada.

"We have a long list of clients waiting to go to court," said Logan, who estimates that about 100 different companies are paying close attention to the case. THE CANADIAN PRESS



## Branson honours a bet

British entrepreneur Richard Branson, left, poses with AirAsia's chief executive Tony Fernandes while dressed as an AirAsia flight attendant at a low-cost carrier terminal in Malaysia on Sunday. The Virgin Group founder had his legs shaved, put on lipstick and squeezed into the red outfit to honour a bet by serving as a flight attendant on an AirAsia trip from Perth, Australia, to Malaysia. Branson lost a bet to Fernandes in 2010 after they wagered their Formula One racing teams would finish ahead of each other. VINCENT THIAN/THE ASSOCIATED PRESS

## North Pole nations

### Business to have bigger role in Arctic debates: Minister

Creating a bigger presence for industry at the world's premiere international forum on northern issues won't distract from its work on environmental problems, says the Conservative cabinet minister about to lead the group.

"Absolutely not," said Leona Aglukkaq, who will assume the chairmanship of the group of the eight nations that ring the North Pole starting on Wednesday.

"That research — the work of interest to all the Arctic regions — that will continue during our chairmanship."

Central to Aglukkaq's plans for her two-year term heading the Arctic Council is the creation of an Arctic business forum, which she described as a way for northerners and northern business to share ideas and solutions. THE CANADIAN PRESS

## Climate change. Project aims to track megacity emissions

Every time Los Angeles exhales, odd-looking gadgets anchored in the mountains above the city trace the invisible puffs of carbon dioxide, methane and other greenhouse gases that waft skyward.

Halfway around the globe, similar contraptions atop the Eiffel Tower and elsewhere around Paris keep a pulse on emissions from smokestacks and automobile tailpipes. And there is talk of outfitting Sao Paulo, Brazil, with sensors that sniff the byproducts of burning

fossil fuels.

It's part of a budding effort to track the carbon footprints of megacities, urban hubs with over 10 million people that are increasingly responsible for human-caused global warming.

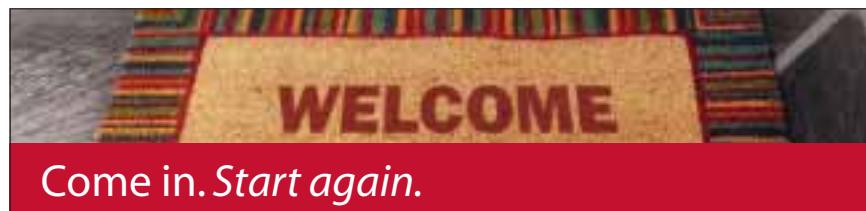
For years, greenhouse pollutants have been closely monitored around the planet by stations on the ground and in space. Now, scientists are observing large cities' emissions to help independently verify whether local climate goals are being met. THE ASSOCIATED PRESS

## London. Vanishing Banksy work will go back up for sale



This Banksy stencil of a boy sewing Union Jack bunting disappeared from the side of a London store in February. HARINGEY COUNCIL/THE ASSOCIATED PRESS

US, but was later withdrawn from sale without a reason. THE ASSOCIATED PRESS



**Debts spinning out of control? Feeling overwhelmed?** We're here for YOU. For a FREE financial assessment, meet with us and learn about our solutions. Learn how you can stop the collection calls, protect your assets, make one manageable payment on debt and *start again.*

**519.310.FREE**  
(519.310.3733) or visit us at [www.mclay.ca](http://www.mclay.ca)

 McLay  
Trustee in Bankruptcy

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

YOU COULD WIN A \$250 GIFT CERTIFICATE

**Sherwood Travel**  
**travelplus**

TO BE USED AT SHERWOOD TRAVEL TRAVELPLUS ON ANY ALL INCLUSIVE VACATION, FLIGHT OR TOUR BOOKING.

No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit [clubmetro.com](http://clubmetro.com)



  
#4084513


[sherwoodtravel.net](http://sherwoodtravel.net)  
1225 Wonderland Rd N. • 519-471-9348

# LET'S HEAR IT FOR ADULT LEARNERS

It's happening all across the city, but it often goes unnoticed.

Adult learners—or "mature students"—are working hard to improve their lives and communities through education.

Some are in formal classrooms at Western University or Fanshawe College. But others are involved in a number of local agencies geared toward educating the adult population—organizations like the Hutton House Learning Centre, Literacy London and the Society for Learning in Retirement.

Regardless of the location or scope, the London Council for Adult Education (LCAE) works hard to support the cause. Consisting of nearly 30 member agencies, the council offers bimonthly meetings and invites speakers to present new ideas and discuss opportunities for adult learners. The council also recognizes some of the impressive accomplishments of mature students in the community, many of whom have overcome significant obstacles during their educational journeys. The annual



URBAN COMPASS  
**Todd Devlin**  
london@metronews.ca

Adult Learner Awards, handed out last week, are one way of noting the achievements.

"We recognize the struggles and accomplishments of adult learners who have committed to improving their lives through education," said LCAE chair Kristen Caschera. "Going back to school after time away is never an easy decision, and we want to give them the accolades they deserve."

Shawn Johnston, a fourth-year King's University College student of Ojibwe heritage, is just one of many who's well-deserving of those accolades. He returned to school to study social work in an effort to help address some of the many issues facing First Nations communities.

It hasn't been easy for Johnston, who was a victim of racism and homophobia growing up. He fell through the cracks and battled an addiction to cocaine and crystal meth for many years before turning his life around.

"Finding the courage to overcome those obstacles and go back to school has helped me realize I have an opportunity to use the

experience to help others," Johnston said.

Johnston has been accepted into the master of social work program (Aboriginal field of study) at Wilfrid Laurier University, where he will continue what he says has been an amazing educational experience.

"Education is important because it allows me to become the person I've always wanted to be," he said. "Not only that, but I want to be a role model for others, especially my nieces and nephews."

None of the individuals recognized last week do it for the accolades. But Johnston says he's honoured to be recognized for his hard work and determination.

Caschera says she's also honoured to be involved with such an important organization like LCAE.

"It's incredibly rewarding to hear stories about adult learners who have changed their lives and celebrate their accomplishments," she said. "It's such an honour for us, and it's a true testament to the importance of adult education."

For more information, visit [lcae.ca](http://lcae.ca).

Follow Todd Devlin on Twitter @UrbanCompassLdn



## ZOOM

### Happy birthday, Buddha!



AHN YOUNG-JOON/THE ASSOCIATED PRESS

#### It's the journey, not the destination

Buddhists carry lanterns in a parade during the Lotus Lantern Festival to celebrate the upcoming birthday of Buddha on a street in Seoul, South Korea, Sunday.

Legend has it that Buddha was born to a royal Hindu family in what is now known as Nepal and on the night he was conceived, his mother,

Queen Maya, dreamed a white elephant with six white tusks walked around her three times, then hit her and disappeared into her right side. When she became pregnant, Queen Maya set off for her father's kingdom to give birth, as was the tradition.

But Buddha was born along the journey in a garden beneath a sal tree.

DAILYMAIL.CO.UK/WITH FILES FROM THE ASSOCIATED PRESS

#### On a full moon

# 2,557

Although the exact date is unknown, scholars believe Buddha was born around 2,557 years ago. In Korea, his birthday is traditionally celebrated on the full moon in May.

#### The light in the dark

Across Asia, Buddha's birthday is celebrated with colourful parades. The lighting of a lotus-shaped lantern in Buddhism traditionally symbolizes a display of religious devotion to perform good deeds and lighting up the dark parts of the world that are filled with agony.

Across South Korea, many temples provide free meals and tea to all visitors. DAILYMAIL.CO.UK

Cue the chivalry. Two construction workers, helping renovate the retirement home, had just finished work for the day and, seeing Smith's plight, immediately came to her aid.

They loaded the table into their van, drove it to its destination, and carried it up the apartment stairs. Smith tried to pay them for their efforts, but they refused.

"I have no idea what I would have done without them," says Smith. CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Help the good news get around. Send your stories to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we'll share them right here.

#### Letters

**RE: Hockey Alberta to Ban Body Checking at Peewee Level, published May 8**

As players for the Calgary Saints Division 2 Peewee Hockey Team, we disagree with the ban on checking in the Peewee and Bantam age groups.

We are both 12-year-olds. If the ban on checking goes ahead, when we get to the Bantam level where checking is allowed, we will be playing against players who will have three years of playing with checking, while we will only have one year of experience. We will have forgotten

how to check safely, and will be injured much more easily. Also, if you ban checking at this level only in Alberta, when we go out of province to play, we won't know how to take a check safely.

Instead of taking away checking completely, we think there should be a zero-tolerance policy on head-hunting, which means deliberately hitting another player in the head.

Checking makes the game more exciting for both players and spectators. It is an important part of the game of hockey — please don't take it away!

Curtis Jackson and Kieran Ruscheinski, Calgary

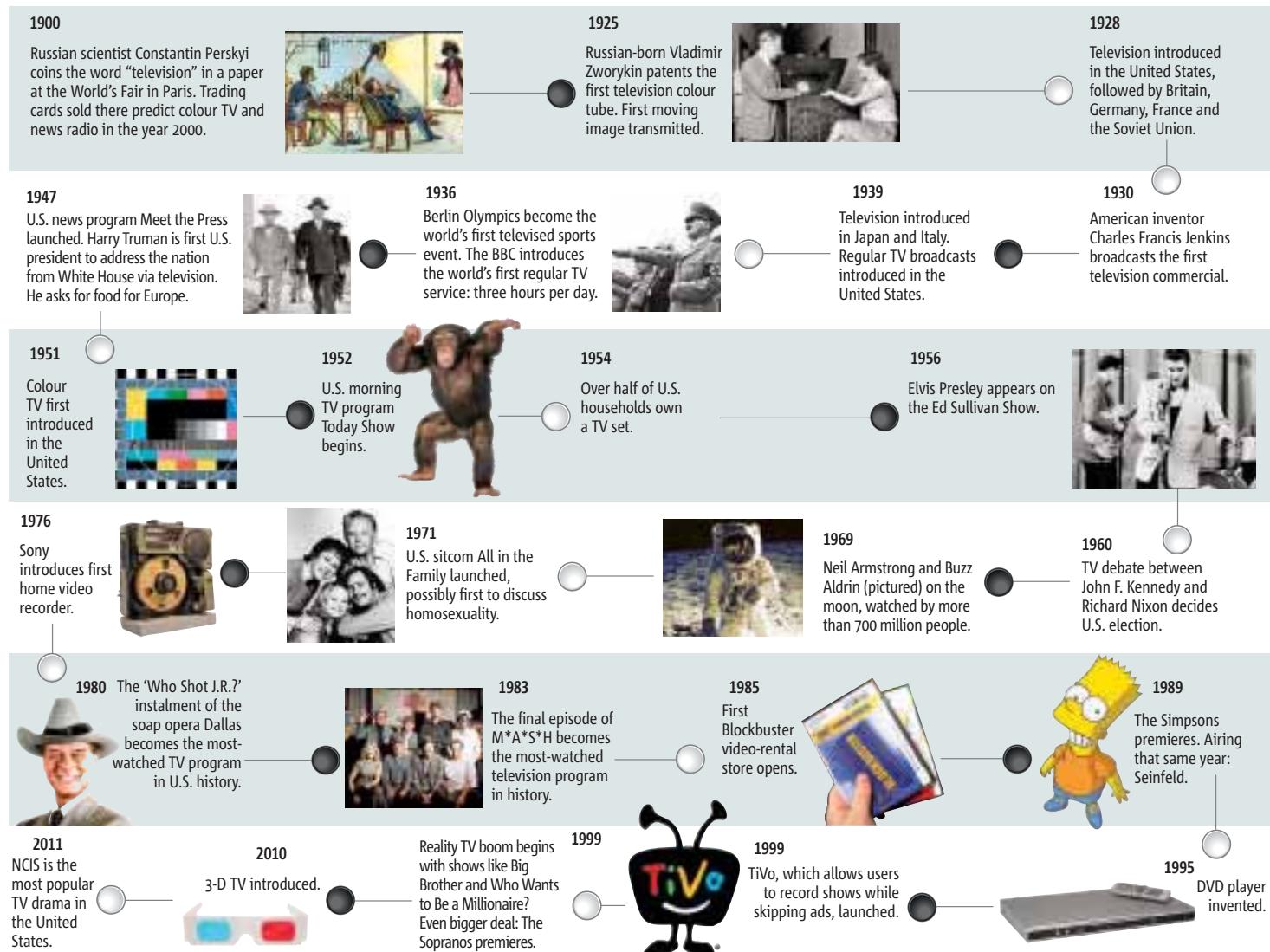
#### WE WANT TO HEAR FROM YOU:

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)

The way we watch television has changed rapidly over the last decade with the rise of the Internet. Today, all it takes is a smartphone to plug into your favourite program. Over the next few days, Metro takes a look at how television has shaped us, and where it might go next. Today, we take a look back, beginning in a time when the concept of television was an intellectual imagining.

## METRO WORLD NEWS

# The history of television



## Isla Fisher. Actress sizzles this summer

Yes, that's Isla Fisher appearing in two of the first major films of the season: the latest adaptation of F. Scott Fitzgerald's *The Great Gatsby*, as well as the crime caper *Now You See Me*.

"It's really exciting," Fisher says. "I guess I don't feel any pressure because I'm not the lead in either movie."

In *Gatsby*, she's the ill-fated Myrtle Wilson — logging precious, but little, screen time. In *Now You See Me*, Fisher plays one of a quartet of magicians who use their talents to take back

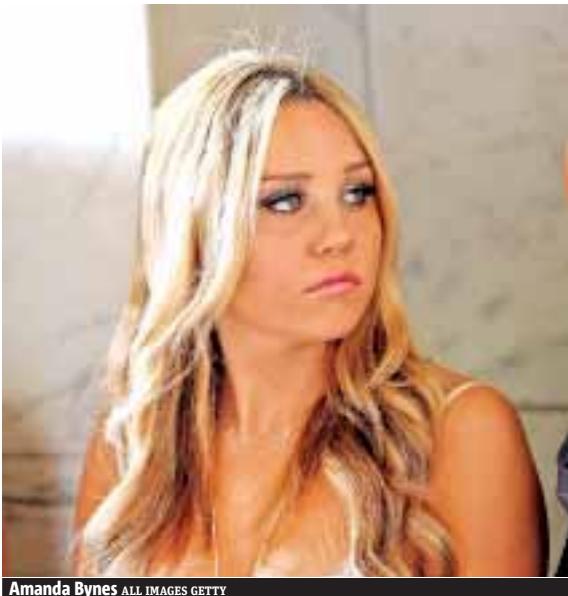
money from immoral millionaires and return it to the people they bilked. The film boasts an all-star cast, including Morgan Freeman and Woody Harrelson. "And Mark Ruffalo is chasing after us, and Melanie Laurent and Michael Caine," she adds in a recent interview. "(It's) basically a lot of people nominated for Oscars — and then me, a SAG member, committing these heists."

During filming of *Now You See Me*, Fisher (whose first name is pronounced EYE-luh)

had a close call. "I was chained underwater," the 37-year-old Australian-raised actress recalls. "I had a quick release on my wrists and a quick release on my feet, but the chain that was tying my wrists to my ankles ... It got looped around the bottom of the tank. I'd already been under for two-and-a-half minutes, and I couldn't get up for air. And I did have a moment of, just, 'Oh my gosh. Not in a swimming costume. No one wants to go in a swimming costume.'"

THE ASSOCIATED PRESS





Amanda Bynes ALL IMAGES GETTY

## Amanda Bynes handed three-years probation for driving offence

Amanda Bynes has been sentenced to three years of probation for driving on a suspended licence, according to TMZ. She was also fined \$300. Bynes' lawyer appeared on her behalf to enter a plea of no contest late last week while the troubled actress continued her escapades in

New York City. Bynes was charged with driving on a suspended licence last fall, and her licence had been suspended due to two previous hit-and-run charges that were later settled. She still faces charges from an April 2012 arrest for driving under the influence.



Gwyneth Paltrow

## Honest Gwyneth Paltrow takes swipe at annual Met Gala fashion event

Gwyneth Paltrow is so over the Met Gala. After swearing off the annual fashion event to USA Today, the Iron Man 3 star clarified her stance during a lunchtime interview with Australian radio hosts Kyle and Jackie O. "Do you want me to be honest? It sucked," Paltrow lamented. "It seems like it's the best thing in the

world. You always think, 'Oh my god, it's going to be so glamorous and amazing and you're going to see all these people.' And then you get there and it's so hot and it's so crowded and everyone's pushing you." She even took issue with the event's punk-rock theme. "I think we're all a bit old to dress up punk," she said.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week



### Lohan has a pout while Pattinson and Perry hang out



STARGAZING

Malene Arpe  
scene@metronews.ca

**This week in bridal fashion crimes.** The colours for Mama June and Sugar Bear's wedding were camouflage, hot pink and orange while, much worse, Keira Knightley got married in a dress she'd worn back in 2009.

**Researchers at the University of New South Wales find that men with beards are generally judged much more attractive than clean-shaven men.** That explains the surge in sales at Eddie's Go-To Goatee Emporium.

**In Dubai, a fan jumps the stage to hug Justin Bieber.** Didn't we tell you not to grow that wispy moustache, Justin? Hmm?

**Robert Pattinson has reportedly been hanging out with Katy Perry.** Don't panic, Robsten fans, he just wanted to find out what it's like to look at someone who occasionally arranges her mouth into the facial configuration commonly known as a "smile." He's safely back home now.

**Martha Stewart says she regrets she never tried talking up Paul Newman and Robert Redford and getting to know them when she regularly sold them pastries at a Connecticut bakery decades ago.** Even

the regrets of celebrities are so much better.

**Shia LaBeouf hands out copies of his self-penned comic book to strangers.** "Not again," says the local garbage collector.

**Lindsay Lohan calls her 90-day rehab sentence "pointless."** "That may be true for you," say the drivers of Los Angeles, "but at least it gives the rest of us a break from the endless terror."

**Chris Brown says, "I'm really not into wife-ing (Rihanna)."** Asked to clarify what he meant, he added that he's still really into strife-ing with her.

**Tom Hardy is reportedly being "comforted" by Noomi Rapace after breaking up with fiancée Charlotte Riley.** That is so, so sweet of Noomi. Not everybody would take the time to help out someone that homely, un-muscled and lacking in charisma.

**Tom Cruise signs up for Mission: Impossible 5.** The next instalment in the action series will focus on Ethan Hunt's use of a variety of blinking, bleeping and blooping gadgets to track down an elusive person: a wife who'll look pretty and won't get any ideas about divorce.

**Helen Mirren, dressed as Queen Elizabeth, left a London theatre in the middle of a play to go outside and berate a group of drummers who were disturbing her performance.** The drummers immediately stopped and made a vow to never do acid again.



Amy Poehler

## Poehler and comedian Kroll said to be dating

Parks and Recreation star Amy Poehler is reportedly dating comedian Nick Kroll, her first dose of romance since splitting with husband Will Arnett last September, according to Us Weekly. "She was

looking for a guy like him," a source says. "She wanted a comedian who 'gets' her." Kroll and Poehler have been friends for a while, with Kroll playing a recurring role on her sitcom since 2011.



Jessica Alba

## Jessica Alba reveals wild-child past during interview with her mom

Jessica Alba was something of a hard-drinking, car-stealing wild child, she admits to her mother during a sit-down with Entertainment Weekly. While reminiscing about the first boy she brought home as a preteen, Alba fesses up: "We accidentally drank Wild Turkey," she says. "How old

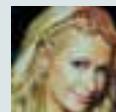
was I with Santino? Eleven?" But that's not the only memory Alba has of her bad behaviour. "Remember when I used to steal the car and go to Jack in the Box?" she asks her mom. "We could go get food. Like, that was our activity! But I was, you know, 12."

### Twitter



@SarahKSilverman

Security just called my hotel rm w a noise complaint - that's how hardcore i am (I'm Skyping w my mom at 10:45 on a Sat)



@ParisHilton

We are only alive in those moments when our hearts are conscious of our treasures...



@Sethrogen

Go sports team! I hope you beat the sports team you are competing against in the sport you are playing!



## Online

**To friend or not to friend Mom on Facebook?**

Josh Knoller, a young professional in New York City, spent years refusing his mother's "friend request" on Facebook before, eventually, "caving in."

Today they have an agreement: she'll try not to make

embarrassing comments, and he can delete them if she does.

One in three mothers are connected with their teens over Facebook, according to the social networking giant's review of how users self-identify.

With more than one billion Facebook users, that's a lot of mothers and kids keeping in touch through social media, says Fordham

University communications professor Paul Levinson, author of *New New Media*. "Facebook has been a boon to family relationships," says Levinson.

Kelly McBride, an assistant professor of communications at LaSalle University in Philadelphia, says her students who "friend" their mothers keep their Facebook pages benign, using other social media like Instagram or Twitter for

the racy stuff.

"They may be willing to 'friend' their mother, but when they do, they take down the drinking or partying or suggestive photographs," she says.

Meanwhile, parenting expert Susan Newman recommends that mothers wait until their children are independent adults before friending them.

**THE ASSOCIATED PRESS**

## Exclusively online

Nothing makes Mommy want to have a meltdown like watching you have a meltdown. Follow along with the comedic (mis-) adventures of mommy-hood with Reasons Mommy Drinks online at metronews.ca/voices



# Is three really more stressful?

**New study.** Weighing in on a report that claims three is the most stressful number of kids to have



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

One of my favourite lines from *The Simpsons* is when Bart complains he is having the worst day of his life. "So far," responds his unsympathetic yet correctly predictive father Homer.

I liken that to a study by Today.com that suggests three is the most stressful number of children to have.

A mom of three explains that, versus two kids, the stress level increases when it comes to things like crossing the street. I would agree that getting three kids to do anything in tandem is harder than getting two kids to do it. But I have four kids, and to the best of my recollection, I don't recall sprouting an extra arm when that last child arrived.

Maybe for moms of three, three is the most stressful

number of children for them to have ... so far.

The study indicates mothers of more than three kids, on average, described themselves as at a lower stress level than their triumvirate sisters.

It concludes that families with more than three children experience the Duggar Effect, referencing the TLC reality family with 19 children.

While I am 15 short of this number, I admit older kids can, on occasion, help younger kids. But does that really offset the stress of knowing you have more children to feed, clothe, potty train, change sheets for, teach how to drive, suffer through first dates with, explain birth control to and pay post-secondary education for? According to MoneySense.ca, the average cost of raising a child in Canada is almost \$245,000. Adding this expense for each child doesn't raise your stress level? Really?

I'm not saying that three kids aren't stressful for a lot of people. It can be. Just like it is very stressful for some parents of one child, two, four, five, etc. I call it the Pitter Patter Principle. (The original Peter Principle I'm referencing states that people are promoted to a level of incompetency.)



One study claims that families with three kids have increased stress levels. ISTOCK

Perhaps those who are lucky enough to actively choose the number of children they have sometimes also reach beyond the level of what they would see as acceptable stress. They are not incompetent in this way, of course; they just learn when to stop.

So what comes first? The proverbial chicken or the fertilized egg? The stress of having kids or the stress level of the parents prior to having them? Since we can't give back the number of children

we had past the third one to do a truly fair comparison (I may have tried), I guess we'll never know. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

## Let Rover swim to safety rather than going in



Dogs' lungs have a higher capacity than humans'. THE ASSOCIATED PRESS

Watching as a beloved dog is swept out to sea is heart-wrenching. Doing nothing seems unthinkable. But experts say that is exactly what a dog owner should do: nothing.

"The human-animal bond is no joke. Most pet owners are very attached to their pets," says Dr. Lynn Miller, a veterinarian who runs an animal clinic north of San Francisco. "But you're not going to save your dog by risking your own life. It does your dog no favours in the end if he comes back and you're dead."

The average dog is a better swimmer than the average human. Dogs such as Labrador retrievers, German shepherds and pit bull terriers are built like boats, the vet says. Their heads are above water, they have a low centre of gravity, they have four legs for propulsion, their lungs have a higher capacity than a human's, their fur keeps them warm in cold water — and many have waterproof undercoats — and some dog breeds have webbed feet.

Using their namesake swim stroke, dogs can find their way

back to shore using currents and their fight-or-flight-instinct, Miller says.

Dogs are single-minded, and focus on finding safety, while humans panic or become distracted, Miller says. Owners who try to make a rescue also may go into shock from the cold water, try to fight the current and get tumbled around or tire easily, she says.

People also don't think about what will happen if they do follow a dog and manage to reach it alive, Miller says.

**THE ASSOCIATED PRESS**

# Study says there's more to flipping burgers than students may know

## Young and able.

Research reveals that students who take on jobs in high school more likely to succeed

JULIA  
FURLAN  
Metro World News

According to a study published by Drexel University's Center for Labour Markets and Policy, teens who spend some time bagging groceries or cyphoning fries into happy meals have a larger shot at success throughout their career.

Paul Harrington, a Drexel University labour economist and lead author of the study, says that work experience in a formal job during high school (from ages 16 to 19) correspond to a 20 to 25 per cent increase in salary for teens



Can I get you a career with that? iSTOCK

almost a decade later. In this case, a "formal" job means a gig in food service or retail for a larger company, as opposed to work like babysitting or cutting the neighbor's grass. High

school students who work, he says, are also more likely to have a job a decade after high school than their peers. The numbers are even stronger for teen boys, Harrington says.

"I think there's a dignity in work," Harrington says. "It's really important for people to understand how they contribute to making an organization function. The way you under-

## The wonders of work

"It's really important for people to understand how they contribute to making an organization function."

Paul Harrington  
Drexel University labour economist

stand how that works is by doing it."

The other piece of data that the study revealed is that attendance in high school is a very strong indicator of good things to come. Harrington says that having high daily attendance in school means that students have a much higher chance of graduating from college.

"Woody Allen said 90 per cent of life is showing up," Harrington says. "Turns out he was right."

## Frown-worthy findings

### So what's the bad news?

The Drexel University study also found that as the economy has suffered, jobs for teens have become more difficult to come by.

In the Metro Philadelphia area, for example, the study revealed that in 2000, about 44 per cent of teens between the ages of 16 and 19 had jobs. Today, that number has fallen to 25 per cent, mostly due to the lack of employment opportunities, and also to the fact that older workers are holding onto jobs longer than they have in previous decades.

**DISCOVER IMPROVE ACHIEVE**

**triOS COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTHCARE

**BUSINESS & LAW**

- Honours Business Administration
- Supply Chain & Logistics
- Accounting & Payroll Administration
- Paralegal (LSUC Accredited)
- Law Clerk
- Police Foundations

**TECHNOLOGY**

- Information Technology Professional
- Information Technology Administrator
- Enterprise Web & Mobile Developer
- Network Administrator
- Video Game Design & Development
- Web Technology Specialist

**HEALTHCARE**

- Physiotherapy Assistant
- Occupational Therapy Assistant
- Pharmacy Assistant
- Addiction Worker
- Medical Office Assistant
- Personal Support Worker
- Community Services Worker

**CONTACT US TODAY!**

**1-888-894-1384**  
**careerin1.com**  
520 FIRST STREET, LONDON

**Career Training**

**Become a MEDICAL OFFICE ADMINISTRATOR**

- Morning and afternoon classes available
- Career services assistance available to graduates
- Financial assistance may be available for those who qualify

**Call Now for More Information!**  
**1-866-830-1282** [www.EverestToday.ca](http://www.EverestToday.ca)

**Everest | COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

**LONDON**

16 Convenient Locations in Ontario  
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.

# Casual meets highbrow in Seafood Pasta Pizza with Dill



ROSE REISMAN

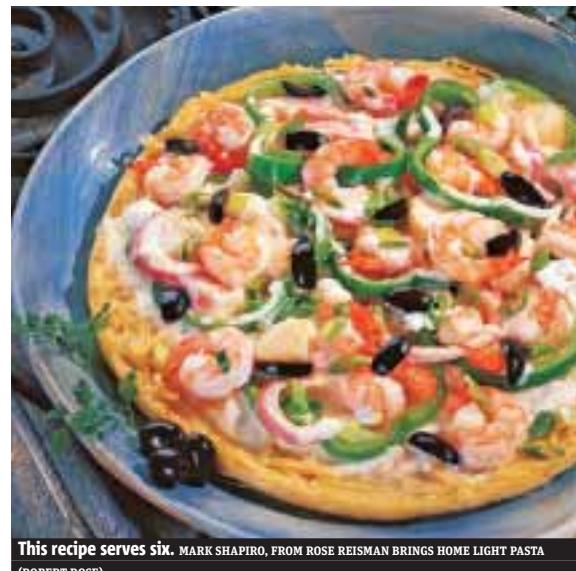
for more, visit  
rosereisman.com or follow  
her on twitter @rosereisman

Instead of the typical white-flour pizza crust, try this linguine pasta crust, which has more fibre and nutrients, and goat cheese that goes so well with the seafood.

**1.** Preheat oven to 350 F. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in mixing bowl. Add egg, milk and Parmesan cheese. Mix well. Pour into pan and bake 20 minutes.

**2.** In non-stick skillet sprayed with vegetable spray, sauté seafood just until cooked, approximately 3 minutes. Drain and set aside.

**3.** In same skillet, heat oil; sauté garlic, peppers and onions for 4 minutes.



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

**4.** Meanwhile, in small bowl combine stock, milk and flour until smooth. Add to skillet and simmer on low heat until thickened, approximately 2 minutes, stirring constantly. Add dill and seafood. Pour into pan. Sprinkle with mozzarella cheese.

and goat cheese; bake for 10 minutes. Let rest for 10 minutes before serving.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

## Ingredients

- 6 oz broken linguine
- 1 egg
- 1/3 cup 2% milk
- 3 tbsp grated Parmesan cheese
- 8 oz seafood, (shrimp, scallops, squid)
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- 3/4 cup diced sweet red peppers
- 1/4 cup chopped green onions
- 1/4 cup sliced red onions
- 1 cup cold seafood or chicken stock
- 1 cup 2% milk
- 3 tbsp all-purpose flour
- 1/3 cup chopped fresh dill
- 1/2 cup shredded mozzarella cheese
- 2 oz goat cheese, crumbled

## Healthy eating

### Choose it and lose it



ROSE REISMAN  
for more, visit  
rosereisman.com or follow  
her on twitter @rosereisman

Great for casual bites, Chili's restaurants can serve up a major amount of calories, fat and sodium if you're not careful. ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS) BY ROSE REISMAN / PHOTO: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)



### Equivalent

One Quesadilla Explosion Salad from Chili's is equivalent in sodium to 10 bags (250 g each) of Doritos chips. The excess cheese, quesadilla cheese wedges and dressing are the culprits.



### Chili's Caribbean Salad including grilled chicken

610 calories/25 g fat/  
810 mg sodium

All the fresh fruit and vegetables make this a much healthier salad.

## Is your opinion worth sharing?

Share your opinion on ads that run in Metro by joining the RAM panel at [metronews.ca/panel](http://metronews.ca/panel).

### What is RAM?

RAM (Research and Analysis of Media) is a panel used by several Canadian newspapers, including Metro, and more than 600 newspapers and magazines in 17 countries

### What's in it for me?

Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.

### How do I join?

Joining is easy! Just go to [metronews.ca/panel](http://metronews.ca/panel) and click on the registration link for our RAM panel. And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a \$25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.

Go to [metronews.ca/panel](http://metronews.ca/panel)  
and join today

# Pulled Chicken gets a Caesar salad touch

With temperatures getting warmer, we'd rather be soaking up the heat than cooking in it.

Although slow cookers are known for their ability to prepare hot comfort foods through the winter, savvy Canadian families are finding that slow-cooker meals in the spring offer them more time to enjoy the season instead of spending it inside worrying about dinner.

One of these great recipes is the Pulled Chicken Caesar Salad Sandwich.

**1.** Pour 1/2 of the barbecue sauce into the bottom of your slow cooker.

## Ingredients

- 1 500 ml jar of your favourite barbecue sauce
- 4 boneless, skinless chicken breasts
- 1 ET TU Caesar Original Salad Kit
- 1 head of fresh romaine or 2 romaine hearts
- 6-8 kaiser rolls or hamburger buns



This recipe serves four. NEWS CANADA

**2.** Layer chicken pieces into bottom of slow cooker and pour remaining barbecue sauce over your chicken. Cook on low for 6 hours.

**3.** Once cooked, remove chicken from slow cooker, place on a cutting board and, using two forks, pull chicken into shreds.

**4.** Place chicken back in cooker, stirring until mixture is

evenly coated. Cover and cook for approximately 30 minutes to absorb more liquid.

**5.** While chicken mixture is simmering, create your caesar salad using an ET TU Caesar Original Salad Kit. Prepare salad according to package directions.

**6.** Once ready, place chicken, topped with caesar salad mixture, on buns. NEWS CANADA



The Power of  
**PEPTO**  
*now in your pocket.*

Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.  
© Procter & Gamble, Inc., 2013 PHC-12284



Rangers forward Ryan Callahan and defenceman Steve Eminger celebrate Sunday's Game 6 win over the Washington Capitals at Madison Square Garden. Lundqvist made 27 saves for the shutout win. KATHY WILLENS/THE ASSOCIATED PRESS

# Capital offence overturned in N.Y.C.

**NHL playoffs.** With post-season life on the line, Vezina nominee Lundqvist helps Rangers avoid death sentence

Henrik Lundqvist slammed his stick in disgust when an overtime loss in Washington put the New York Rangers on the brink of elimination.

Two days later, the star goalie pumped his arm and let out an emphatic yell when his shutout kept the Rangers alive to force a Game 7 in the U.S.

Game 6	
1	0
Rangers	Capitals

capital.

Lundqvist was the difference Sunday in stopping 27 shots for his seventh NHL playoff shutout. The reigning Vezina Trophy winner was perfect in making Derick Brassard's second-period goal stand up in a 1-0 win over the Capitals that

forced a deciding game in the first-round series.

"We needed it. There was desperation out there," Lundqvist said. "We showed a lot of character and worked really hard. It was that type of game where you pay the price — big saves, physical. Great win."

Despite having little room for error, the Rangers stayed composed and played a disciplined game in which they took no penalties until a big scrum after the final buzzer.

Now the Rangers hope momentum carries over to Game 7 on Monday night in Washington. The home team has won all six games so far in the

series.

"They play really well at home and they're confident," Lundqvist said. "The games we've played in that building, special teams have played a big part. We played a really disciplined game, and that's going to be key for us because they have a really good power play, so you have to respect that."

"Play hard, but play smart."

The Rangers earned Game 7 wins at home in last year's playoffs over Ottawa and Washington. If they pull out this victory, it would give them just their second series win after falling behind 0-2.

THE ASSOCIATED PRESS

## NBA playoffs

### Warriors knot series with Spurs

Harrison Barnes had 26 points and 10 rebounds, Stephen Curry scored 22 on an injured left ankle and the Golden State Warriors rallied past the San Antonio Spurs 97-87 in overtime Sunday to even the Western Conference semifinal at two games apiece. THE ASSOCIATED PRESS

## Hockey

### Canadians money against Czechs

Jeff Skinner scored on an end-to-end rush in the third period Sunday as Canada beat the Czech Republic 2-1 at the IIHF world championship to clinch a spot in the quarter-finals.

Skinner collected the puck in his own zone before weaving through the defence and burying a wraparound behind Ondrej Pavelec at 6:55 of the third period. THE CANADIAN PRESS

## Head injuries

### Report: Boogaard family files lawsuit against NHL

The New York Times is reporting that Derek Boogaard's family has filed a wrongful-death lawsuit against the NHL.

In the lawsuit, the family says the NHL is responsible for the brain damage that Boogaard sustained during six seasons as an enforcer, and for his addiction to prescription painkillers. Boogaard was found dead of an accidental overdose of pain medication and alcohol on May 13, 2011. THE ASSOCIATED PRESS

# Jays hack away to series win at Fenway



Munenori Kawasaki greets Jose Bautista at home plate after Bautista's sixth-inning home run — his second of the day — on Sunday in Boston. WINSLOW TOWNSON/THE ASSOCIATED PRESS

Jose Bautista looks comfortable in the No. 2 slot in the Toronto Blue Jays' batting order.

Bautista hit two of Toronto's five home runs, and the Blue Jays beat the Boston Red Sox 12-4 Sunday to take two of three in the weekend series.

"You get three or four runs ahead," Bautista said, "that's when some guys come out and are able to take some big hacks and we get the types of results we got today."

Bautista batted second for the second straight day after

hitting in his usual cleanup slot through his first 31 games. He went 2-for-3 with a walk Sunday and is 4-for-7 with two homers and a pair of walks batting second.

Different spot. Same approach.

"Pitchers know who I am, and I know who they are, and I know how they're going to try to get me out," he said. "If they execute, they get me out, and if I execute, I'm probably going to hit a ball hard somewhere."

Bautista hit 54 homers in 2010 and 43 a year later, then dropped to 27 last season as a wrist injury caused him to miss 70 of the final 72 games. He entered Sunday's game hitting just .236 with seven home runs.

"He'll get on his rolls," Toronto manager John Gibbons said. "When it's all said and done, he's going to have a great year for us. Maybe this is the start of something? We'll find out."

THE ASSOCIATED PRESS

Horoscopes

**Aries**

March 21 - April 20

Make an effort to see yourself the way others see you today. It's great that you have such a strong self-image but sometimes it makes it hard to understand why not everyone looks at life the same way.

**Taurus**

April 21 - May 21

The methods you have been using may be effective for you but that does not mean they are right for everyone. You will find yourself at odds with someone you work with today.

**Gemini**

May 22 - June 21

Your heart and your head are pulling you in opposite directions and it won't be until later in the week that you choose one approach over the other.

**Cancer**

June 22 - July 23

Keep your wits about you as the new week begins and try to maintain a light-hearted attitude to everything that happens. Some people may be feeling a bit down but that does not mean you have to get down there with them.

**Leo**

July 24 - Aug. 23

The best way to deal with people who annoy you is to ignore them. There is something imperious in the Leo nature and if you make out that someone does not exist no one else will believe they exist either.

**Virgo**

Aug. 24 - Sept. 23

It may be tempting to sell off a treasured possession so you can pay an outstanding debt but that's not a good idea.

**Libra**

Sept. 24 - Oct. 23

The cosmic pattern is slowly but surely shifting in your favor and by the end of the week the dark days will be behind you. Today you will have to deal with an emotional issue of some kind.

**Scorpio**

Oct. 24 - Nov. 22

You will have to make a difficult decision either today or tomorrow and some people are sure to be disappointed. That's not your concern. The only thing that matters is you stay true to your principles.

**Gemini**

May 22 - June 21

You may be easygoing by nature but when aroused you make a tenacious opponent. Today's events will encourage you to stand up for those who cannot stand up for themselves. With you on their side they might just win.

**Capricorn**

Dec. 22 - Jan. 20

You may worry that if you don't act quickly you will miss out on an opportunity of some kind but it isn't true. In fact the planets indicate most strongly that you should bide your time.

**Aquarius**

Jan. 21 - Feb. 19

If you have to be critical of someone today, either at home or at work, make sure you wrap up what you say in some kind of sugar coating. Not everyone has such a robust ego as you.

**Pisces**

Feb. 20 - March 20

Throwing money at a problem won't get you anywhere. If you stand back from your current situation a bit you will see it's not nearly as bad as you fear. It never is. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

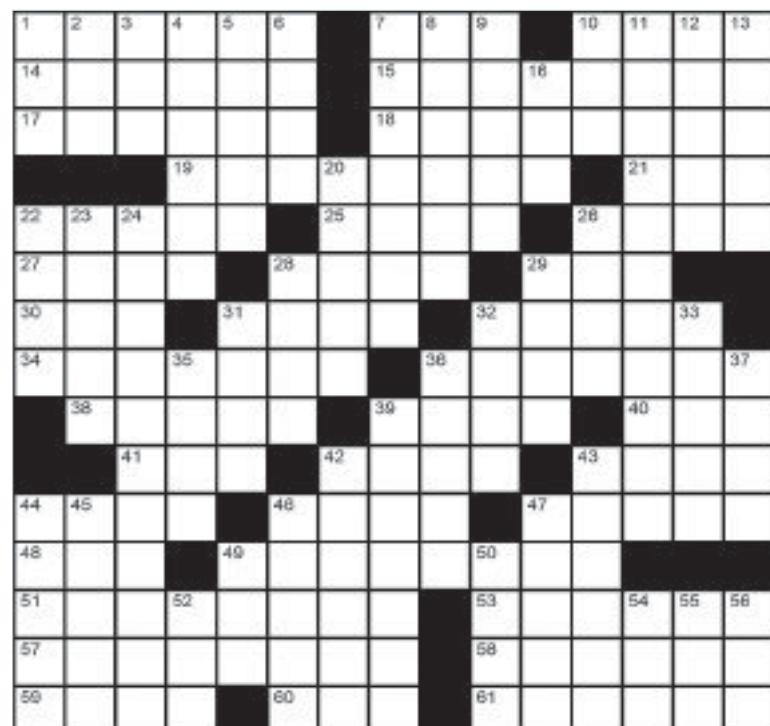
1. Minimal or paltry
7. \_\_\_ in Calgary
10. Eleven: French
14. Spotted big cat
15. Some briefcases
17. \_\_\_ Vision (Eye-wear chain)
18. Chained steeping gadgets
19. Computer purchase
21. Handheld mobile device [acronym]
22. Superhero accessories
25. Bible verb, used with Thou
26. Potter's supply
27. Hurting
28. Nastiness
29. Unheard in "The Silence of the Lambs" (1991)
30. Month we're in, in French
31. Elephant's one of two
32. Jesus' mom's namesakes
34. Driveway surface
36. Anne of Green Gables portrayer, Megan \_\_\_
38. Kindle download
39. Trudge
40. \_\_\_ chance!"
41. \_\_\_ and downs
42. Grub
43. Sandra Bullock movie, "Two \_\_\_ Sea" (1996)
44. But: French
46. Showy flower
47. Cup: French

Down

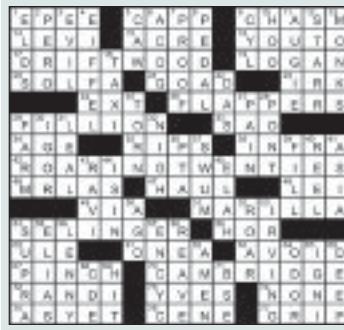
15. \_\_\_
18. \_\_\_
20. \_\_\_
23. \_\_\_
26. \_\_\_
28. \_\_\_
29. \_\_\_
31. \_\_\_
32. \_\_\_
33. \_\_\_
35. \_\_\_
36. \_\_\_
38. \_\_\_
39. \_\_\_
40. \_\_\_
41. \_\_\_
42. \_\_\_
43. \_\_\_
44. \_\_\_
45. \_\_\_
46. \_\_\_
47. \_\_\_
48. \_\_\_
49. \_\_\_
50. \_\_\_
51. \_\_\_
52. \_\_\_
53. \_\_\_
54. \_\_\_
55. \_\_\_
56. \_\_\_
57. \_\_\_
58. \_\_\_
59. \_\_\_
60. \_\_\_
61. \_\_\_
62. \_\_\_
63. \_\_\_
64. \_\_\_
65. \_\_\_
66. \_\_\_
67. \_\_\_
68. \_\_\_
69. \_\_\_
70. \_\_\_
71. \_\_\_
72. \_\_\_
73. \_\_\_
74. \_\_\_
75. \_\_\_
76. \_\_\_
77. \_\_\_
78. \_\_\_
79. \_\_\_
80. \_\_\_
81. \_\_\_
82. \_\_\_
83. \_\_\_
84. \_\_\_
85. \_\_\_
86. \_\_\_
87. \_\_\_
88. \_\_\_
89. \_\_\_
90. \_\_\_
91. \_\_\_
92. \_\_\_
93. \_\_\_
94. \_\_\_
95. \_\_\_
96. \_\_\_
97. \_\_\_
98. \_\_\_
99. \_\_\_
100. \_\_\_
101. \_\_\_
102. \_\_\_
103. \_\_\_
104. \_\_\_
105. \_\_\_
106. \_\_\_
107. \_\_\_
108. \_\_\_
109. \_\_\_
110. \_\_\_
111. \_\_\_
112. \_\_\_
113. \_\_\_

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	1	6	2	3	5	7	4	9
4	2	5	9	6	7	8	3	1
3	8	7	4	1	8	2	6	5
6	3	2	8	5	1	4	9	7
9	7	4	6	2	3	5	1	8
1	5	8	7	4	9	3	6	2
5	4	9	1	8	2	6	7	3
7	8	3	5	9	6	1	2	4
2	6	1	3	7	4	9	8	5

5		4	9		
4			5		7 1
	9			7	
8				4	7 6
		5	8		
6	1	3			2
			2		5
3	2		1		4
			8	3	1



Your #1 weather forecast now available in HD.  
Check your local listings for details.

The Weather Network | HD

©The Weather Network 2013



# How do I become a Dentist?

Explore what you want to be and how to get there.

Visit [CareerBear.com](http://CareerBear.com) to learn more





A little red  
ball can help  
change it all.

**Donate \$2 today.**

Visit your local Canadian Tire, Sport Chek,  
Mark's or Atmosphere store  
to receive a Jumpstart red ball  
in exchange for a \$2 donation.

**Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)  
or call 1-877-616-6600**

